

The Milford Sr. High School Lunch Menu 2010-11

Our new and improved cafeteria will be named **The Eagles Way Eatery**. A variety of food choices will be offered at five different serving stations. The "Main Zone" will offer a monthly rotation of the menu. The "International Blvd." will feature a different bar each day of the week. The Pizza & Spud Station and the "Sandwich & Spud Stop" will offer hot grab & go selections, and the "Deli Destination" will feature sandwiches prepared "your way". The "Garden Spot", a salad bar located in the main servery, will be available on Wednesdays. Please read the menu below to find out more about the items that will be offered daily. Side items such as fresh fruit and vegetables, and side salads will be offered in many locations. Two hot fruit/vegetables will be offered daily at the Main Zone serving location and at the International Blvd., students may take 2 sides and milk with any entrée.

The "Main Zone" Cycle Menu - All Items \$2.50

Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1:					
Country Fried Steak A baked pork patty served with whipped potatoes and gravy. <i>Main Event: Green Beans</i>	Brunch for Lunch Your choice of Waffles, French Toast Sticks, or Pancakes served with 2 turkey sausage patties and accompanied with syrup or the main event. <i>Main Event: Warm Fruit Topping</i>	Pizza Bagel A plain bagel covered with pizza sauce and mozzarella cheese, optional turkey pepperoni or veggie. <i>Main Event: Cooked Carrots</i>	Walking Taco's A bag of Frito's filled with taco meat and shredded cheddar cheese, with topping choices of lettuce and salsa. <i>Main Event: Corn</i>	Chicken Nuggets or Spicy Tenders Six golden delicious baked nuggets or three spicy tenders served with a whole grain pretzel rod, and your choice of BBQ, honey mustard, or honey sauce. <i>Main Event: Mashed Potatoes</i>	
Week 2:					
Loaded Baked Potato A steamed potato with Cheese and choice of Broccoli or Chicken to top it off! *Served with a Whole Grain Pretzel Rod <i>Main Event: Broccoli</i>	Corn Dog A childhood favorite! A corn dog baked to perfection served with honey or mustard for dipping. <i>Main Event: Mixed Vegetables</i>	Pizza Dippers Mozzarella cheese filled breadsticks served with marinara sauce. <i>Main Event: Fruit Crisp</i>	Chicken & Cheese Casserole A homemade dish that warms the soul! Rotini pasta baked with American cheese and diced white chicken. <i>Main Event: Squash</i>	Chicken Tenders Three Tyson chicken tenders baked and served with a variety of sauces. <i>Main Event: Asparagus</i>	
Week 3:					
Soft Taco A flour tortilla stuffed with your choice of beef or chipotle style chicken. Served with a side of whole grain rice. <i>Main Event: Corn</i>	Chicken Parmesan Boneless chicken breast baked and served on top of spaghetti pasta with marinara sauce and mozzarella cheese. <i>Main Event: Green Beans</i>	Chicken Pot Pie Vegetable and chicken filled pot pie, perfect to fill any appetite. <i>Main Event: Broccoli</i>	Barbeque Sandwiches Your choice of a pulled pork sandwich or a BBQ Riblet served on a whole grain bun. <i>Main Event: Corn on the Cob</i>	Chicken Nuggets or Spicy Tenders Six golden delicious baked nuggets or three spicy tenders served with a whole grain pretzel rod, and your choice of bbq, honey mustard or honey sauce. <i>Main Event: Mashed Potatoes</i>	
Week 4: *Cooks choice permitted last week of school					
Pizza Burger A beef patty cooked in pizza sauce making it the juiciest burger ever. Served on top of a whole grain bun with mozzarella cheese. <i>Main Event: Fruit Crisp</i>	Chicken Fajita A flour tortilla with fajita flavored chicken and cheese, served with topping choices of lettuce and salsa. <i>Main Event: Refried Beans</i>	Toasted Cheese & Soup Extra cheesy toasted cheese sandwich served with a cup of tomato soup and oyster crackers. <i>Main Event: Fruit Crisp</i>	Meatball Sub A bun filled with 4 meatballs cooked in marinara sauce, topped with melted mozzarella cheese. <i>Main Event: Asparagus</i>	Chicken Tenders Three Tyson chicken tenders baked and served with a variety of sauces. <i>Main Event: Peas</i>	
The Main Servery					
Refrigerated Grab & Go Daily Offerings					
Premade Deli Subs \$2.50 Turkey, Ham and Cheese on a sub bun with lettuce	Premade Small Salads - \$2.50 Garden Salad – Greens with tomatoes & croutons and homemade light ranch dressing Chef Salad – Greens with cheese, egg or meat with croutons and homemade light ranch dressing	Premade Large Salads - \$3.50 Your choice of Grilled or breaded chicken served on top of greens with mozzarella cheese, cherry tomatoes, cucumbers and served with croutons and your choice of Marzetti Salad Dressing	Peanut Butter and Jelly \$2.50 Enjoy it made in-house with apple-grape jelly or a grape or strawberry Uncrustable	Pre-Made Wraps - \$3.50 A variety to choose from! Including Chipotle Chicken; Chicken w/ Ranch; Hot Buffalo; Deli Turkey & Cheese and Vegetarian. Comes with fresh fruit!	
The Express Lane					
The new "Express Lane" is designed for students on the go! This location will offer many of the same items featured in the Main Servery and you will also find the items listed below. Snacks and beverages will also be available. Cold side items will be offered to turn delicious entrees into well-balanced meals! Fresh fruit, raw vegetables, and side salads will all be offered as side choices. Prices vary but will be marked at each food item. Students on the free & reduced meal program must take a complete meal.					
Hot Dogs \$2.50 as meal	Make It Your Way Waffle \$3.00 as meal	Soup - A La Carte Only From The Express Lane Cup \$2.00 or Bowl \$2.50	Bagels and Toast - \$2.50 as a meal With topping choices of Peanut Butter, Jelly and Cream Cheese	Nachos & Cheese \$3.00 as meal	Soft Pretzels & Cheese \$3.00 as meal

The Eagles-Way Eatery - Daily Food Offerings (all prices include 2 side items and milk)

Daily Meal Choices:	International Blvd. \$3.00	Pizza & Spud Station (Potatoes are baked) Prices Vary - See below	Sandwich & Spud Stop Prices Vary - See below	Deli Destination Made-to-Order Sandwiches \$3.00 Value Meal Listed Below \$3.50 for Artisan Bread
Monday	China Your choice of Marinated Chicken or Orange Chicken served on whole grain rice. Served with an Egg Roll <i>Vegetable of the day: Peas and Carrots</i>	Personal Pizza - \$3.50 Crisscross Spuds - \$0.65	<u>\$2.50 Entrees</u> Cheeseburger or Fish Sandwich <u>\$3.00 Entrees</u> Grilled Chicken Sandwich Spicy or Regular Chicken Patty <u>\$3.50 Entree - Colossal Burger</u> Shoestring Spuds	Turkey and Cheese sub on Whole Grain Served with 2 veggie toppings of your choice and 1 sauce
Tuesday	Mexico Your choice of beef or chicken served on top of corn chips with a side of whole grain rice. Topping choices of lettuce, salsa, black beans and sour cream <i>Vegetable of the day: Corn</i>	Papa Johns Pizza - \$3.00 Spud Curls \$0.65	<u>\$2.50 Entrees</u> Cheeseburger or Fish Sandwich <u>\$3.00 Entrees</u> Grilled Chicken Sandwich Spicy or Regular Chicken Patty <i>Pepperoni Sub</i> Crinkle Spuds	Ham and Cheese sub on Whole Grain Served with 2 veggie topping of your choice and 1 sauce
Wednesday	Italy Your choice of meat-sauce or marinara with meatballs served on a bed of spaghetti pasta. Served with a slice of garlic toast <i>Vegetable of the day: Green Beans</i>	Stuffed Crust Pizza - \$3.00 Crisscross Spuds \$0.65	<u>\$2.50 Entrees</u> Cheeseburger or Fish Sandwich <u>\$3.00 Entrees</u> Grilled Chicken Sandwich Spicy or Regular Chicken Patty <i>Steak Hoagie w/ Cheese</i> Shoestring Spuds	Turkey and Cheese Sandwich on Harvest Whole Grain Bread Served with 2 veggie toppings of your choice and 1 sauce
Thursday	Greece A pita pocket filled with your choice of hummus, or cucumber-yogurt sauce and filled with salad greens, tomato, onion, and diced chicken. <i>Vegetable of the day: California Blend</i>	Papa Johns Pizza - \$3.00 Spud Curls \$0.65	<u>\$2.50 Entrees</u> Cheeseburger or Fish Sandwich <u>\$3.00 Entrees</u> Grilled Chicken Sandwich Spicy or Regular Chicken Patty <u>\$3.50 Entree - Colossal Burger</u> Crinkle Spuds	Ham and Cheese Sandwich on Harvest Whole Grain Bread Served with 2 veggie toppings of your choice and 1 sauce
Friday	Taste of Cincinnati Bar Cincinnati Chili served any way you like it - on a hot dog or on pasta - topped with cheddar cheese and served with oyster crackers. <i>Vegetable of the day: Baked Beans</i>	Bosco Cheese Sticks - \$3.00 Sweet Potato Spuds \$0.65	<u>\$2.50 Entrees</u> Cheeseburger or Fish Sandwich <u>\$3.00 Entrees</u> Grilled Chicken Sandwich Spicy or Regular Chicken Patty <u>\$3.50 Entree - Spicy Fish Hoagie</u> Shoestring Spuds	Meat of your choice with cheese on any Non-Artisan bread of your choice with 2 veggie toppings and 1 sauce

The Express Lane - Breakfast Offerings

<u>Prices:</u>	<u>Hot Entrees:</u> (Select 1)	<u>Cold Entrees:</u> (Select 1)	<u>Side Items:</u> (Select 2)	<u>Beverage Choices:</u> (Select 1)
\$1.25	<ul style="list-style-type: none"> • Ham & Cheese Bagel • Egg & Cheese Biscuit • Sausage & Cheese Biscuit • Ham & Cheese Biscuit • Pancake & Sausage Stick • Cinnamon Tastry • Oatmeal Packet (hot water and microwave available) <p style="text-align: center;"><i>A La Carte - \$1.25</i></p>	<ul style="list-style-type: none"> • Cereal - Golden Grahams, Kix, Crispex, Cheerios • Oatmeal Packet (hot water and microwave available) • English Muffin/Bagel/Toast (Toppings Available) • Small Uncrustable • Apple Cinnamon Mini-Loaf • Pop Tart • String Cheese & Yogurt <p style="text-align: center;"><i>A La Carte - \$1.25</i></p>	<ul style="list-style-type: none"> • Fruit Cups • Fresh Fruit • Raisins • Hash Brown <p style="text-align: center;"><i>A La Carte - \$0.50</i></p>	<ul style="list-style-type: none"> • 100% Juice Cup • Skim White Milk • 1% Chocolate Milk • 1% White Milk <p style="text-align: center;"><i>A La Carte - \$0.50</i></p>

Students are required to take three items at breakfast to complete the meal however, they can have all four! (i.e. Cereal, Milk, and a fruit cup would be a complete meal but they could also get a hash brown without increasing the cost).